



# Eagle View Adult Center

## May and June 2014



Class & Event Registration begins Wed. Apr 30  
Trip Registration begins Thurs. May 1  
See page 2 & 15 for details

1150 Prairie Center Parkway, Brighton, CO 80601  
303-655-2075  
[www.brightonco.gov](http://www.brightonco.gov)

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**Hours:** Monday - Friday 8:00 a.m. - 4:00 p.m.

**Phone:** 303-655-2075

**Location:** 1150 Prairie Center Parkway  
Brighton, CO 80601

### **Eagle View Center Staff:**

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichen - Front Desk Receptionist

Audrianna Diaz - Meal Site Coordinator

Lucy Castro - Custodial Staff

Debbie DenBleyker - VNA Nurse

### **On The Cover:**

**Marsha Clark, Karen Price, Shari Coren, Sally Hyder, Alverta Staggs and Cheryl Stoddard model new kitchen aprons. See back cover for more information.**

### **VOA Lunch**

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling Audri at 303-655-2271 during her working hours (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated.

\$2.50 Donation per meal if age 60+

\$7.25 Mandatory charge if under 60

## **REGISTRATION PROCEDURE**

### • **CLASSES AND HAPPENINGS**

**REGISTRATION begins on Wed. Apr 30 at 8:00 a.m.** You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

- **TRIP REGISTRATION starts Thurs May 1 and is held as a LOTTERY.** To be in the first round of trip registration, arrive between **8:15 - 8:30 a.m.** to pick a number. The numbers are drawn in random order, so there is no advantage to arriving early. **Breakfast refreshments provided by Humana.**

- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person.** You may also register for classes and happenings during this time. No credit cards.
- When lottery registration is over (approximately 10:30 a.m.), we will re-open registration on a first-come, first-served basis.
- **After May 1**, register for all activities at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

### **Senior Wellness Clinic**

The Senior Wellness Clinic focuses on health promotion and disease prevention for adults 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health screenings, and blood pressure checks. Appointments required - call 303-655-2075. Foot care fee is **\$25**, due at the time of service. Reduced fees available. Foot care is Kaiser covered with pre-approval.

**Clinic hours: 9:00 a.m. - 3:00 p.m.**

**Thursdays: May 8 - 29, June 5 - 26**

**Fridays: May 16, June 20**

**Eagle View Adult Center will be closed Monday, May 26 for Memorial Day.**

# Continuous Drop-in Activities

3

## Cards, Cards, Cards!

Meet friends for an afternoon of fun. New players are welcome. Questions? Call the volunteer.

### Hand and Foot

1:15 - 3:30 p.m.

Mondays

Room: Hawk/Heron

Linda Smith 303-659-1888

### UNO

10:00 - 11:30 a.m.

Tuesdays

Room: Brown

### Pinochle Pals

12:30 - 3:30 p.m.

Tuesdays

Room: Hawk/Heron

Sandy 303-288-1489

### Cribbage

12:30 - 3:30 p.m.

Wednesdays

Room: Falcon

Chuck Phelps 720-685-3369

### Bridge

12:30 - 3:30 p.m.

Fridays

Room: Hawk/Heron

Annette Sauer 303-659-9714

### Pitch

12:30 - 3:30 p.m.

Fridays

Room: Falcon

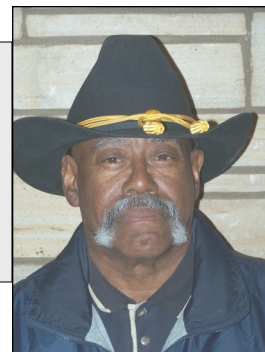
Shirley Phelps 720-685-3369

Note: Starts at 1:00 p.m. on

May 9 & June 13



**John Bell is the president of the Buffalo Soldiers of the American West. He is organizing the special performance by this exciting group on Sat. June 7. See page 6 for all the information.**



### Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. Immediately following VOA lunch.

12:00 noon - 1:00 p.m.

Mondays & Thursdays

### Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See room schedule for times.

Check with front desk to use the Center's free Wi-Fi.

### Knit & Crochet Drop-in

This is no longer a class, just drop in. No instructors, but there will always be friendly help available from the group.

Copies cost 10¢.

9:00 - 10:30 a.m.

Thursdays

25¢ per week

Room: Nyholt

### Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men during this time please.

1:00 - 3:00 p.m.

Mondays

25¢ per day

### Lending Library

Borrow books from the library for free. Do NOT re-shelve books - our volunteer librarians do that for us. We accept donations of large print and paperback books only.

### Police Time

Officer Sharon Wazny is here to answer questions about safety or police issues.

11:30 a.m. - 12:30 p.m.

Tuesdays

### Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist.

12:30 - 3:30 p.m.

Wednesdays

Room: Brown

### Scrabble

Play Scrabble with others who love the game.

1:00 p.m.

Wednesdays

Room: Hawk/Heron

### Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl in our lobby.

10:00 - 11:30 a.m.

Wednesdays

**Massage**

Massage therapist, Bonita Rose, provides massage services. Call 303-655-2075 for an appointment. Pay Bonita at the time of service.

9:15 a.m. - 1:15 p.m. May

9:15 a.m. - 3:45 p.m. June

Tuesdays

½ hour - \$26

1 hour - \$41

**Walk On!**

Everyone knows that walking is good for you and it is so much more fun to walk with others. Wear good walking shoes, dress for the weather, and bring water to drink along the way. Meet in the lobby and we'll venture outside on the numerous walking paths in our area. Olly Rameriz will be leading the group.

8:30 - 9:30 a.m.

Wednesdays

\$4

**Caregivers Support Group**

Are you taking care of a loved one? Learn helpful caregiving tips, gain valuable insight from other caregivers, and much more. Find out about free or low cost resources to help you. Mary Thatcher from the Senior Hub (303-426-4408) facilitates the group.

10:00 - 11:30 a.m.

Thurs. May 8

**Bunco**

Bunco is an easy and fun game of dice. We can teach you the game in 5 minutes if you don't know how to play. Enjoy an afternoon of laughter, refreshments, and prizes.

1:15 - 3:45 p.m.

Thursdays

May 8 & 29

\$4

Deadline: Tuesday before

**Friday Feast**

Rick Weingarten plays a unique instrument called a vibraphone. You will love his performance. We're serving spinach penne pasta salad and dessert by Inglenook.

12:00 noon

Fri. May 9

\$4

Deadline: Wed. May 7

**Blood Pressure Check**

Firefighters from the Brighton Fire Dept. will be here to perform free blood pressure checks. Stop by!

10:30 - 11:30 a.m.

Mon. May 12

Thurs. May 29

**Expressions of Grief Through Art**

Art can have a profound effect on our healing process. You are invited to join us and begin your journey to healing with art as we create a

**Registration**  
**for May and June**  
**Happenings**  
**begins on Wed. Apr 30**

Mandala Art Activity for Self Discovery and Healing.

1:00 - 2:30 p.m.

Mon. May 12

Free

Deadline: Thurs. May 8

**Medicare Counseling**

If you need help with Medicare issues, receive one-on-one assistance from Shelley Steele, our SHIP counselor. She is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 to make an appointment. Adams County residents with general questions about Medicare can also call Centura Health Links at 720-321-8850.

12:00 - 3:30 p.m.

Tuesdays

May 13 & 27

**Lung Function Screening**

National Jewish Medical Center and Visiting Nurse Association join together to provide free lung function (spirometry) screening. This simple, painless test takes five minutes and measures your lung function by blowing into a special tube that measures air flow. The nurse will discuss your results after the test. Call 303-655-2075 for appointment.

10:00 - 12:00 noon

Thurs. May 15



# May Happenings

5

## Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating. It's always great information, you will learn something new! Stay for lunch afterwards.

11:00 a.m.

Thurs. May 15

## Allergies and Asthma

Dr. Laslo will be discussing the latest changes and treatment options that are available for patients who suffer with allergies and asthma. You'll hear about the diagnostic and treatment services that Colorado Allergy and Asthma Centers can provide to patients who suffer with allergies and asthma. Thanks to PVMC for their sponsorship of this program.

12:00 - 1:00 p.m.

Fri. May 16

Deadline: Wed. May 14

## Donor Recognition

If you have contributed to our "Deck the Walls" campaign, you will receive an invitation to this event. Watch the mail!

5:00 - 6:30 p.m.

Wed. May 21

## Friday Potluck

Brighton is home to some great cooks - so join us for a super meal. This is a true "potluck." Just bring a dish to share that serves 10 and your table setting.

11:30 a.m.

Fri. May 23

## Veterans Services



The Veterans Services Office through Adams County provides advisory referral and processing services to county veterans, widows and dependents pertaining to veterans benefits and rights. Call Scott Lawson to make an appointment at 303-227-2107. He will be at EVAC once a month, by appointment only.

9:00 a.m. - 3:00 p.m.

Fri. May 23

## Cribbage Tournament

Our monthly Cribbage tournament includes prize winnings, refreshments and lots of laughs. No registration, just drop-in and pay the tournament volunteer.

12:30 p.m.

Wed. May 28

\$4

## Wildflowers of Colorado

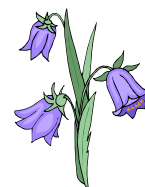
Our hills are alive with flowers. Donna Singer will be showing slides of beautiful wildflowers she has taken on treks in Colorado. EVAC member Marilyn Rowe will be on hand to help with questions about flower identification. Learn to identify flowers you will see along the way as we begin our Rocky Mountain hiking season. Free, but please register.

12:30 p.m.

Wed. May 28

Deadline:

Tues. May 27



## Readers Theatre Performance

Come to the last play of the season performed by the "Silver Tongued Players" - members of our Readers Theatre. Show is free and always lots of fun!

11:00 a.m.

Thurs. May 29

# June Happenings

Descriptions for these are found on Pages 4 - 5

## Blood Pressure Screening

Thurs. June 12 & Mon. June 23  
10:30 - 11:30 a.m.

## Medicare Counseling

Tues. June 10 & 24  
12:00 - 3:30 p.m.

## Caregivers Support

Thur. June 12  
10:00 - 11:30 a.m.

## Bunco

Thur. June 12 & 26 1:15 p.m.

## Low Vision Group

Mon. June 23 1:00 - 2:00 p.m.

## Cribbage Tournament

Wed. June 25 12:30 p.m.

## Veterans Services

Fri. June 27 9:00 a.m. - 3:00 p.m.

## Potluck

Fri. June 27 11:30 a.m.

**Registration for  
May & June Happenings  
begins on Wed. Apr 30**

**RMSG Team Meeting**

There is a team meeting for Brighton participants attending the Rocky Mountain Senior Games. You will receive your team shirt and a team schedule. Bring home the GOLD!!!

3:00 p.m.

Mon. June 2

**Bloomin' Buckets &  
Ice Cream**

See back cover for details.

1:00 p.m.

Tues. June 3

Deadline: Fri. May 23

**How to Get Osteoarthritis  
Pain Under Control**

This program will give you the tools to manage your Osteoarthritis (OA) pain. The program will help you understand OA, its causes, and how to treat it. Learn self-management strategies to prevent and relieve pain.

12:30 p.m.

Wed. June 4

Deadline: Mon. June 2

**Grief Support**

This adult group is for those who would like support in their loss. This is a drop in group. For more information, call Halcyon Bereavement Support at 720-325-2987 or email [deberle@halcyonhospice.org](mailto:deberle@halcyonhospice.org).

1:00 – 2:00 p.m.

Mon. June 9

**Buffalo Soldiers**

We are honored to be hosting a special presentation by the Buffalo Soldiers with their horses. This exciting event will feature 8-10 soldiers performing historical re-enactments including mounted Calvary drills and the saber drill. This program will be outside of EVAC with bleacher seating. No sign-up needed.

12:30 – 1:30 p.m.

Sat. June 7

**Healthcare Disability  
Planning**

Come and learn about your rights regarding end of life care and emergency medical situations, and the legal requirements of expressing your wishes and having them honored. An attorney from Dolan & Associates, P.C., will lead the program about Living Wills and Healthcare Powers of Attorney.

1:30 p.m.

Wed. June 11

Deadline: Mon. June 9

**Friday Feast**

Wayne and Joan Greenfield perform old-time country music. They will sing and share some great stories. Lunch today will feature a special sesame chicken salad, warm muffins and cookies from Sterling House.

12:00 noon

Fri. June 13

\$4

Deadline: Wed. June 11

**Relay for Life Shirts**

The American Cancer Society will give out free shirts to all senior cancer survivors in honor of Brighton's Relay for Life event. You can also register to attend the FREE survivor event and/or register to be a participant in Brighton's Relay for Life held on June 20 – 21 at Carmichael Park.

10:00 – 11:30 a.m.

Mon. June 16

**Insurance Basics**

Learn the difference between a co-pay and coinsurance and how to decipher all those statements you get for health care services. This presentation will help you become a better informed healthcare consumer by providing you with an understanding of basic insurance terminology and concepts. Cindy Sears, Managed Care Director for PVMC and former insurance broker, will present.

12:00 – 1:00 p.m.

Fri. June 20

Deadline: Wed. June 18

**Wildlife Photography**

John Carr is an incredible wildlife photographer. Wait until you see the shots he has taken at Barr Lake, the Wildlife Refuge at the Arsenal and throughout Colorado. If you would like to stay for lunch, call Audri at 303-655-2271 by Mon. June 23.

10:30 a.m.

Thurs. June 26



**Registration for Trips  
begins on Thurs. May 1  
See Page 2 for details.**

## Please note:

“Wait List Only” trips were advertised in the March/April newsletter and had deadline dates for tickets in April. Get on the wait list in case a participant cancels and frees up a spot.

## Fiesta at the Armory

Wait List Only  
4:30 p.m.  
Fri. May 2  
\$13 (plus meal \$8+)

## Church Basement Ladies

Wait List Only  
11:15 a.m.  
Sun. May 4  
\$29 (plus meal \$10+)

## Colorado Women's Chorale

Start out with dinner at Sam's #3 featuring a 16 page menu of Mexican, Greek, and All-American signature dishes. Then on to the Augustana Lutheran Church in Denver to hear the beautiful voices of the Colorado Women's Chorale. The CWC will sing music from exciting composers of the last decade, along with popular show tunes and jazz from the last 50 years. Arrive at the venue early to hear *Insights* where the CWC music director will share information about the music to enhance your

enjoyment of the show.  
3:45 p.m.  
Fri. May 9  
\$17 (plus meal \$10+)  
Deadline: Tues. May 6

## Mother's Day Tea

Wait List Only  
1:30 p.m.  
Sat. May 10  
\$19

## Big Band Blues

Denver's top jazz musicians come together only a few times a year at the intimate Lone Tree Arts Center to regale us with big-band sounds - a program anyone can love. If swing is the feeling of jazz, then the blues is its soul. The Colorado Jazz Repertory Orchestra will feature the blues in all its forms with a guest vocalist. Dinner before at Via Baci.

4:15 p.m.  
Mon. May 12  
\$29 (plus meal \$12)  
Deadline: Fri. May 2

## Bull Durham Gambling

Gamble at the ever popular Bull Durham Casino! Bonuses include: \$5 upon arrival; \$5 after earning 100 points on players card; free hot dog, cookie and beverage ticket. Don't forget, you will have an extra hour to gamble. Sign up by the deadline..

8:45 a.m.  
Tues. May 13  
\$15  
Deadline: Thurs. May 8  
by noon

## Bowling for Fun - Centennial Lanes

### By Request

Our fun loving bowlers are trying somewhere new - Centennial Lanes in Longmont. If you like to bowl but have no time for a league, then this trip is for you! Three games of “just for fun” bowling with the group. Shoe rental is included. Before we bowl, we will eat at the 95a Bistro which has a variety of great food.

9:15 a.m.  
Wed. May 14  
\$13 (plus meal \$8+)  
Deadline: Fri. May 9

## ONCE

Wait List Only  
12:45 p.m.  
Sat. May 17  
\$62

## IMPORTANT!

We have been getting reports both from drivers and other participants regarding an increase in “Backseat Drivers” on our trips. Participants are shouting to the drivers where to turn, park, unload, etc.

This MUST STOP!

It is DANGEROUS for everyone in the van when our drivers are distracted by people shouting at them.

Drivers will ask for help if needed - but unless they ask - PLEASE!

NO BACKSEAT DRIVING!

### Rockies vs. San Diego

Watch Colorado's professional baseball team, the Rockies, play the San Diego Padres. We have main level seating on third base side with easy access for a great price. Food available for purchase at the ballpark – or bring your own. We only have two handicapped seats for each game. Spring weather can change quickly – dress in layers! Please note: we leave an hour later for Sunday games.

11:30 a.m.

Sun. May 18

\$16 (plus food \$6 +)

Deadline: Mon. May 5



### Miramont Castle Tour & High Tea

#### By Request

We are travelling to Manitou Springs for a guided tour of the Miramont Castle and High Tea. Experience life in the 1800's as you tour 30 rooms resplendent in authentic Victorian furnishings. Learn about the history of Manitou Springs and the colorful past of the castle. View antique fire department apparatus and photos also housed in the castle. Following

the tour we will have High Tea at noon – an elegant 4-course tea - in the Queen's Parlour Tea Room. **IMPORTANT:** This 1895 building is NOT fully handicapped accessible – you must be able to navigate stairs to each of the four floors of the castle to attend this tour.

8:30 a.m.

Tues. May 20

\$45

Deadline: Thurs. May 15

### Brass Band Festival

Hear the unique and vibrant sounds of authentic brass bands as Rocky Mountain Brassworks is joined onstage by the Fountain Creek and Colorado Springs brass groups. This evening at the PACE Center in Parker will include familiar favorites as well as poignant classical brass arrangements. No meal. We will stop for a quick ice cream or snack AFTER the show.

5:45 p.m.

Sat. May 24

\$5 (plus snack \$)

Deadline: Mon. May 13

### Great Gatsby

In this 2006 adaptation of a great American novel, Arvada Center audiences get a glimpse into a defining point in our history. It's the 1920's, the age of jazz and women's independence when wealth, glamour and decadence ignited public fascination. Jay Gatsby embraced the era as he set

about acquiring all the trappings of a self-made millionaire. His biggest conquest was the young socialite, Daisy. For years, Gatsby is passionate in his pursuit of her love until it all ends tragically. Dinner before at Country Buffet featuring Sunday specials like turkey, roast beef, ham, and sirloin steak.

12:30 p.m.

Sun. May 25

\$38 (plus meal \$15)

Deadline: Fri. May 2

### Hike: Florissant Fossil Beds

We are combining hiking with fossil history as we travel to Florissant Fossil Beds National Monument near the Divide (elevation 8,400 ft). We will start at the new visitors center and watch a short video on the great fossil finds at the site. Then our group will split with our 1-2 mile walkers going on the Petrified Forest Trail and our long distance hikers having 14 miles of trails to explore. Great fossils to view at the visitors center after the hike. Bring water, sunscreen, sack lunch and good walking shoes. Please bring your Golden Age/National Park pass, if you have one. Rest room stop on the way and ice cream stop on the way home.

8:00 a.m.

Fri. May 30

\$7 (plus snack \$)

Deadline: Tues. May 27



**Registration for ALL Trips  
begins on Thurs. May 1  
See Page 2 for details.**

## Denver Divinity Tour

### *By Request*

Some people came to Denver not for gold – but to save souls. This very popular five-hour van tour by Denver History Tours will show you many of Denver's houses of worship from a variety of religions. Denver has more historic buildings devoted to religion than you might realize and we will seek them out in hidden corners of the city. This architectural journey takes us inside three to view the splendor and the sanctity of these holy spots. You must be able to get on and off the van several times. Includes a one-hour break for lunch. Only one van each day.

9:15 a.m.

Trip 1: Mon. June 2

Trip 2: Thurs. June 5

\$26 (plus meal \$10+)

Deadline:

Trip 1: Mon. May 19

Trip 2: Thur. May 22

## Chautauqua Dining Hall & Boulder History Museum

### *By Request*

First we eat a great breakfast with great views at the historical Chautauqua Dining Hall. Built in 1898. Enjoy an all inclusive menu featuring natural and local products. After dining tour the Boulder History Museum located in the historic Harbeck-Bergheim House on "The Hill." Learn the

history of Boulder through artifacts and photos. Please note: The dining hall is handicapped accessible, the museum is not.

8:30 a.m.

Wed. June 4

\$30

Deadline: Wed. May 28

## Rockies vs. Dodgers

We have main level seating on third base side, with easy access and shade, for a great price. Food available for purchase at the ballpark – or bring your own. We only have two handicapped seats for each game so please request only if you can't manage a few stairs. Please note: we leave an hour later for Sunday games.

11:30 a.m.

Sun. June 8

\$16 (plus food \$6+)

Deadline: Fri. May 23

## Mardi Gras Gambling

Try your luck at the Mardi Gras Casino in Black Hawk. Bring your players card for a \$10 food credit. It is very important that you register by the deadline, as we are dealing with different rules by the casinos and the bus company. You may not get a seat on the bus if you do not register by the deadline.

8:45 a.m.

Tues. June 10

\$15

Deadline: Thurs. June 5

At noon

## Fishing Red Feathers

Our favorite fishing hole - Red Feather Lakes is a series of lakes at an elevation of 8,640 ft. The lakes contain cutthroat, rainbow, brook trout, and other species. We will decide which lake we will fish based on the current fishing report. Bring your fishing license, gear, bait, sunscreen, folding chair, lunch and beverages. Ice cream stop on the way home!

6:00 a.m.

Thurs. June 12

\$5 (plus snack \$5)

Deadline: Tues. June 10

## Bowling - Coal Creek

### *By Request*

Our bowling group has been having a BLAST! You don't have to be a good bowler to enjoy this trip! Two hours of "just for fun" bowling at Coal Creek Lanes in Lafayette. Shoe rental is included. After we will eat at a restaurant TBA.

9:15 a.m.

Wed. June 18

\$13 (plus meal \$8+)

Deadline: Fri. Jun 13

## Day in Breckenridge

Get out of the city for the entire day. This is an "on your own" day to shop in Breckenridge. Take in a leisurely lunch, shop, sit by the river, read a book, or take a walk on the riverfront trail. You will have 4+ hours to enjoy this great mountain town.

8:30 a.m.

Thurs. June 19

\$6 (plus meal \$10+)

Deadline: Tues. June 17

**White Fence Farm*****Back by Request***

A great senior deal from the White Fence Farm in Lakewood. Menu includes their famous fried chicken, cottage cheese, kidney bean salad, pickled beets, coleslaw, hot corn fritters, mashed potatoes, non-alcoholic beverage and choice of hot fudge or strawberry sundae. Meal is served family style and includes tip and tax. Time after to browse the gift shops, walk the gardens, or stop at "Grannies" for music.

4:00 p.m.

Tues. June 24

\$24

Deadline: Fri. June 20

**Hike Colorado River Trail**

Hike the Colorado River Trail on the Grand Lake side of Rocky Mountain National Park. The trail is mostly level at an altitude of 9,100 ft. Follow the Colorado River with views of the Never Summer mountain ridge. Watch for wildflowers, elk and moose! Walk 3.5 miles one way to Lulu City, site of the old 1880's gold mining camp. Hike in groups according to your fitness level and go as far as you are able. Bring a backpack with water, sack lunch, bug spray, sunscreen & jacket. Grand Lake ice cream stop. Trail subject to change but still in the Grand Lake area.

8:00 a.m.

Wed. June 25

\$6 (plus \$ for snack)

Deadline: Fri. June 20

**Seven Brides for Seven Brothers**

This is the story of Millie, a bride living in the 1850's in the Oregon wilderness. Her plan is to civilize and marry off her six rowdy brothers-in-laws to ensure the success of her own marriage backfires when the brothers, in their enthusiasm, kidnap six women from a neighboring town for brides. Bursting with energy, this show at the Lakewood Cultural Center is full of fun, romance and song. Lunch at Elephant Bar.

11:00 a.m.

Sat. June 28

\$31 (plus meal \$10+)

Deadline: Wed. June 4

**Wyoming Territorial Prison*****By Request***

The beautifully restored Wyoming Territorial Prison in Laramie was built in 1872 and held outlaws such as Butch Cassidy. Guided tour (1½ hr) includes: furnished cells, prisoners' dining area, guards' quarters, infirmary, women's quarters, laundry, warden's office, and exhibit galleries. Time to walk the 190-acre facility to visit the warden's house and horse barn exhibit. Lunch buffet (1:00 p.m.) at Little America in Cheyenne.

7:15 a.m.

Mon. June 30

\$10 (plus meal \$15+)

Deadline: Tues. June 24

**July Trips with  
June Deadlines:****101st Army Dixieland Band**

Nothing gets you in the patriotic spirit more than an all American Dixieland Band! The 101<sup>st</sup> Army Dixieland Band will perform an outdoor concert at the Broomfield Amphitheater. Bring a lawn chair, snacks, beverages and bug spray. Snack stop after the show.

5:30 p.m.

Wed. July 2

\$4 (plus snack \$)

Deadline: Fri. June 27

**Shrek the Musical**

Boulder Dinner Theatre presents *Shrek the Musical*, based on the Oscar® winning animated film turned into a Broadway hit. You don't have to be a kid to enjoy this fairy tale turned upside down. Shrek, an unseemly ogre - not a handsome prince - shows up to rescue a feisty princess. Throw in a donkey who won't shut up, a bad guy with a SHORT temper, a cookie with an attitude and over a dozen other fairy tale misfits for a night of fun. Full of new songs, great dancing and breathtaking scenery, *Shrek* is part romance, part twisted fairy tale and all irreverent fun for everyone! The price includes dinner, choice of coffee, tea, or soda, tax, gratuity and van fee.

4:30 p.m.

Wed. July 9

\$47

Deadline: Mon. June 9

**Gift Certificates**

**to Eagle View make great gifts.  
Stop by the front desk for details.**

**Registration for  
ALL CLASSES  
begins Wed. Apr 30  
Sign up by the deadline  
or the class may be  
cancelled. Please don't  
wait until the first class -  
it may be too late!**

### AARP Smart Driver

AARP has developed a new and improved driver training course. It's a great classroom refresher course of safe driving practices.

12:30 - 5:30 p.m.

Tues. June 17

\$15 – AARP member

\$20 – Non-member

Deadline: Fri. June 13

### Ceramics

Create great ceramic pieces using new and fun techniques. Class fee covers all paints, brushes and instruction by Catherine Stuart. The bisque items you want to paint and firing are an additional fee. Prices vary and are paid to the instructor.

1:00 – 3:30 p.m.

Mondays

May 5 – 19 (3 wks)

\$15 plus cost of bisque

Deadline: Mon. May 5

### Craft Time

We are providing time and space for people to work on their DRY crafts. No instructors. No Class May 26.

10:00 – 11:30 a.m.

Mondays

May 5 – June 30

\$4

### Buy & Use Kindle Fire

Considering buying a Kindle Fire? If you aren't sure which one to get, receive guidance about the features on Kindle Fire HD and Kindle HDX at class meeting #1. You then have a week to buy a Kindle and bring to the next class. This is a beginner class. If you already have a Kindle Fire but have no idea how to use it, then this class is also for you.

In classes #2 & #3 learn to use your Kindle. If you have Wi-Fi availability, the Kindle Fire allows you to do so much more than just read! Learn to use email, internet, photos and apps. Come prepared to set up all the main features in class.

Bring your email address and Amazon passwords. These are essential for setting up these features. Check at the front desk for more details on class, including the instructor's phone number if you have questions.

4:00 – 5:30 p.m.

Mon. May 5

Mon. May 12

Wed. May 14

\$25

Deadline: Mon. May 5  
by 12 noon

### Crochet Workshops

These four one-time workshops will be taught by Naomi Marrow. At the beginning of each workshop, she will do a review of basic stitches used to create the designs. Beginners are especially encouraged to attend Crochet 101. Supply list available at registration.

### Crochet Workshop: 101

**NEW**

Come learn the art and craft of crochet! In this 2-hour class you will learn basic stitches that are the foundation for making most crochet items. The basics will include: chain stitch, single crochet, double crochet, half double crochet and slip stitch.

9:00 – 11:00 a.m.

Thurs. May 8

\$5

Deadline: Tues. May 6

### Crochet Workshop: Diamond Mesh & Lattice Stitch

**NEW**

Learn the Diamond Mesh Stitch and Ruled Lattice Stitch at this 2-hour workshop. The Diamond Mesh Stitch and Lattice Stitch are both beautiful and versatile. Great for creating lightweight fashions.

9:00 – 11:00 a.m.

Thurs. May 22

\$5

Deadline: Tues. May 20

### Crochet Workshop: Popcorn & Raspberry Stitch

**NEW**

These are uniquely fun stitches to create. They give any crochet pattern textural depth. Great for giving crochet flowers, hats, blankets and other crochet projects a textural look and feel. Popcorn Stitch is a more advanced stitch and Raspberry Stitch is beginner friendly. All level crochet enthusiasts are welcome.

9:00 – 11:00 a.m.

Thurs. June 5

\$5

Deadline: Tues. June 3

**Registration for ALL  
CLASSES begins Wed. Apr 30**

### **Crochet Workshop: Earrings**

**NEW**

Come have some fun with crochet thread and beads! In this class you create some mini circles and squares and turn them into lightweight dangle earrings. Instructor will provide earring hooks and extra crochet hooks to use. Beads and hoops to crochet around are optional – see supply list at registration.

9:00 – 11:00 a.m.

Thurs. June 19

\$5

Deadline: Tues. June 17

### **Exercise**

Keep moving to keep healthy! Lois Burrell leads the “stretch & get moving” exercise class for people of all levels. No class on May 26. No instructor the first week in June, but class will be held using an exercise video.

10:00 – 11:00 a.m.

Mon/Wed/Fri

\$1 per class

### **Fit Ball Class**

Fit Balls are a great way for seniors to exercise and improve flexibility, core strength and balance. Class taught by Tanice Kitchener, a physical therapist from PVMC.

10:30 – 11:30 a.m.

Thursdays

Session I: May 8 – 29

Session II: June 5 – 26

\$20 (4 wks)

Deadline: May 7 & June 4

### **Facebook for Beginners**

Come prepared to set up Facebook! This social media site allows you to connect with family and friends. Must bring your email account username and password to allow set-up. We will set security features to protect your privacy. Bring whatever device is capable of getting on the internet – your smartphone, Kindle, iPad, laptop etc. If you only have a desktop computer, there are 3 computers available for you - reserve one at registration.

4:00 – 5:30 p.m.

Thursdays

May 8 & 15

\$15

Deadline: Wed. May 7

### **Genealogy**

Learn how to find your ancestors and record the information using the computer. Facilitator Sheryl Johnson will help with your search. Class limited to 3, unless you can bring a laptop. Some computer ability necessary. No class May 30.

9:00 – 10:30 a.m.

Fridays

May 2 – June 27

\$8 (7 wks)

Deadline: Thurs. May 1

### **Greeting Cards**

Ella Hastman will teach you how to make amazing greeting cards using a variety of materials. At least two cards completed per class. Instructor furnishes all supplies.

9:30 – 11:30 a.m.

Fri. May 9 & May 23

\$5 per class

Deadline: Wed. before class

### **History of Colorado**

#### ***By Request***

This session's discussion will be the colorful history of Colorado. Long-time Brighton High School history teacher and DU history professor, Bob Ellis will provide historical facts and little known tidbits about Colorado's history.

No class May 26.

10:00 – 11:00 a.m.

Mondays

May 5 – June 30

\$2 (8 wks)

Deadline: Fri. May 2

### **Japanese Bunka**

#### **Embroidery**

Donna Heneger leads this final session for previous class participants. Beginners can start in the fall.

10:00 – 12:00 noon

Wednesdays

May 7 – 28

\$20 (4 wks)

Deadline Tues. May 6

### **Line Dance – Beginning**

This class is for those who are new to line dancing. Judy Yamakishi will teach basic dance steps. You will then learn dances with lots of repetition. No class May 16.

8:30 – 9:25 a.m.

Fridays

Session I: May 2 – 30

Session II: June 6 – 27

\$20 (4 wks)

Deadline: May 1 & June 5

**Line Dance - Intermediate**

Line Dancing is great exercise and fun too! You will learn the newest line dance routines.

No class on May 16.

9:30 – 11:00 a.m.

Fridays

Session I: May 2 – 30

Session II: June 6 – 27

\$20 (4 wks)

Deadline: May 1 & June 5

**Meditation for Seniors**

Meditation is a proven technique for pain management, relaxation and clarity of mind. Join Ron Liggett for an exploration of your inner self and gain some tools to help manage aging and the issues it may bring.

1:45 – 2:45 p.m.

Thursdays

Session I: May 8 – 29

Session II: June 5 – 26

\$8 (4 wks)

Deadline: May 7 & June 4

**Nordic Walking Class**

Learn to use Nordic Walking poles to increase mobility, cardio-respiratory endurance and muscle strength. If you have physical challenges with the knees or hips, it can help you get walking again. Sarah Hoskin Clymer provides poles for you to use. These will be the only classes held until fall.

8:30 – 9:30 a.m.

Tues. & Thurs.

Session I: May 6, 8, 13

Session II: May 20, 22, 27

\$20 session

Deadline: May 5 & 16

**Nordic Walkers – Intermediate**

Intermediate Nordic Walkers with the ability to walk naturally with your poles at a steady and brisk pace can join Sarah for a fun walk.

9:45 – 11:00 a.m.

Thursday

Session I: May 8

Session II: May 22

\$5 per session

Deadline: May 6 & 20

**Nordic “Walk & Talk”**

If you have taken Nordic Walking class and want to practice, come to “Walk & Talk.” All skill levels are welcome. Walkers will “walk and talk” around Eagle View or a nearby location. You must register in advance. Note: Time moved to avoid the mid-day heat. Thanks to Margie Hoffman for providing refreshments for this program!! This is the last “Nordic Walk & Talk” until fall. Want to keep walking with a group this summer? Join “Walk On” listed on page 4.

10:00 a.m.

Tues. May 13

\$5

Deadline: Mon. May 12

**Oil Painting**

Instructor Judy Schissler welcomes beginning and veteran artists into oil painting class. Veteran painters work on their choice of paintings. Beginners will choose from an instructor-selected choice of

pictures to paint. Four slots in class are reserved for beginners. Alert us at registration if you are a beginner (new painter and/or need extensive instruction). **Get a supplies handout at registration** that tells you what to bring to the first class and what you can purchase from the instructor.

9:30 – 11:30 a.m. class

1:00 – 3:00 p.m. class

Tuesdays

May 6 – 27

\$10 per time slot

Deadline: Mon. May 5

**Oil Painting: Drop-in**

We are giving our instructor a summer break so oil painting is a drop-in program. Morning and afternoon sessions are combined into one 3½ hour morning session. No instructors – you work independently on your project. There is no registration but space is limited to 16 people.

8:30 – 12:00 noon

Tuesdays

June 3 – 24

25¢ per week

**Readers Theatre**

Memorization is not needed and being involved is great fun! Instructor Dolly Garcia will lead you in bringing stories to life. Please bring a pencil, highlighter and a small black 3-ring binder to class. The group will present their skit on Thurs. May 29 at 11:00 a.m. Group breaks for summer.

1:30 – 2:30 p.m.

Tuesdays

May 6 – 27

\$3

Deadline: Mon. May 5



**Quilting - Beginning**

We are making fun and useful quilted bags. You have the option of making bags of different shapes and sizes, using a variety of simple patterns. Supply list and patterns will be available the first day of class. Call instructor Teri Hendrickson, 720-685-3378 if you want the supply list before class. If you have never quilted before, please talk to Teri before purchasing any tools. No class on May 23.

1:00 – 3:00 p.m.

Fridays

May 9 – June 27

\$12 (7 wks)

Deadline: Thurs. May 8

**Quilting - Intermediate**

Join us as we piece our fabric in an unusual way with instructor Shari Coren. The quilt, a wall hanging, employs only one print fabric, except the borders. While this project requires organization, the sewing is straight-forward. It is really quite spectacular. You will receive information at registration.

1:00 – 3:00 p.m.

Thursdays

May 8 – June 19

\$12 (7 wks)

Deadline: Tues. May 6

**Tatting**

Tatting creates a durable lace by handcrafting a series of knots and loops. Use tatting to decorate clothing and accessories, create

holiday ornaments, or framed art. Instructor Charlotte Jacobucci will teach you this beautiful craft. The \$4 fee includes "Craft Time." No class May 26.

9:15 – 9:45 a.m.

Mondays

May 5 – June 30

\$4

Deadline: Fri. May 2

**Wood Carving**

Learn to carve wood or work on an existing project with other carvers.

8:00 – 10:00 a.m.

Tuesdays

May 6 – June 24

25¢ per week

**Writing What You Know**

Join us to write your wonderful stories to pass on for posterity. You will write your stories in your voice with your words and your grammar. We will read samples of published memoirs, explore various techniques designed to make your writing interesting, and share your stories with sympathetic listeners. New participants are encouraged to join us. All you need to bring is your favorite writing supplies. Shari Coren, Instructor.

9:30 – 11:00 a.m.

Wednesdays

May 7 – June 18

\$12 (7 wks)

Deadline: Mon. May 5



**ALL Yoga classes are taught by Carolyn Priola.** No Adaptive Yoga this summer.

**Yoga – All Levels**

This class is designed for beginning and continuing yoga students. Some yoga experience is desirable. The class will be modified by Carolyn for various levels of proficiency.

12:30 – 1:30 p.m.

Thursdays

Session I: May 8 - 29

Session II: June 5 - 26

\$20 (4 wks)

Deadline: May 7 & June 4

**Yoga – Beginning**

Are you curious about yoga but worried about taking a class? This basic class will focus on relaxation and breathing, as well as increased range of motion and improved flexibility.

10:15 – 11:15 a.m.

Tuesdays

Session I: May 6 - 27

Session II: June 3 - 24

\$20 (4 wks)

Deadline: May 5 & June 2

**Yoga – Continuing**

This class is for students who have been in yoga class before. Focus is on gentle yoga to increase flexibility, improve range of motion, reduce stress and improve your health. You should be comfortable on the floor.

9:00 – 10:00 a.m.

Tuesdays

Session I: May 6 – 27

Session II: June 3 – 24

\$20 (4 wks)

Deadline: May 5 & June 2

## Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. May 20 at 1:00 p.m. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Richard Villalva. JW Edwards is the City Council representative. Visitors are always welcome.

## Friends Program Fund

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults with limited financial resources to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Application must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

## Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499

Memorial: \$100+

Sponsor: \$500 - \$999

Benefactor: \$1000+

## Recycle Aluminum Cans

Bring your aluminum cans to be recycled to the brown bins located just inside the community gardens. Proceeds benefit Eagle View. Thanks to the City of Brighton Parks Department for their assistance with this fundraising project.

## Trip and Activity Policies

- Anyone 55 years of age or older is welcome to participate in activities and programs.
- Programs are open to adults, age 40 and above, space permitting. Trips are on a wait-list basis.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.
- **Refund Policy for Cancellations:**

### If the CENTER cancels the activity/trip:

Full refunds will be given.

### If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given. **Allow one week to process refunds.**

### If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you are unable to go on a ticketed trip, **DO NOT** sell or give your space to someone else before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space after telling the Center **BEFORE** the trip - 1 day notice preferred.

## Outreach & Referral

Do you need help and don't know where to turn? Ernie Marquez will assist you with completing forms, help you find needed services, make home visits to assist homebound people, and more! **Call 303-655-2079 for an appointment.**  
**NO appointments after 3:00 p.m.**

## Transportation

**VIA** provides specialized transportation within the City of Brighton. Rides for medical appointments, grocery shopping and to Eagle View are just a few of the places you can go. Call 303-447-2848 x1014 for more info; to schedule rides, call 303-447-9636.

**Call-n-Ride** - The green bus is an RTD service. Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

## Don't Miss This!

### **Bloomin' Buckets and Ice Cream**

The "Bloomin' Bucket Brigade" will be back to distribute "container gardens" to participants of Eagle View. Each colorful bucket contains a tomato plant perfect for a porch or patio. Sign up by May 23 to reserve your plant! Then join us on June 3 to pick up your bucket and enjoy an ice cream social with some of the volunteers who made this project possible. Brighton Shares the Harvest, Harmony Gardens and the Brighton Boys & Girls Club are providing "Bloomin' Buckets" to seniors at EVAC. Harmony Angels will be providing additional buckets to seniors in the surrounding area. We may have fewer plants than normal this year so sign up early. Only one plant per household.

1:00 p.m. Tues. June 3      Deadline: Fri. May 23



### **Rocky Mountain Senior Games June 4 - 8, 2014 in Greeley**

Come and cheer on the Brighton Team at the Rocky Mountain Senior Games. Formerly known as the Senior Olympics, the Games are fun competition in over 25 sports and 87 events for men and women of all abilities and from ages 50 – 100! See Donna or Becky for a list of times that Brighton members are participating.

### **Community Garden Registration**

It's planting time again!  
Register now for the Eagle View  
Community Garden beds.  
Cost is \$20.

### **New Aprons**

Thanks to funding from the Senior Advisory Board and volunteers from the quilting classes, we have new aprons for our kitchen and dining room crew. Marsha Clark, Karen Price, Shari Coren, Sally Hyder, Alverta Staggs, Cheryl Stoddard, Rita Daniels, Teri Hendrickson, Joan Eskridge and Wilma Laughlin all sewed on the project. These are replacing the aprons sewed by Marlene Werner, Mary Mildenberger and Charlotte Seaton in 2012.



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